

# **Kailash Mansarovar via Lhasa | Duration: 18 Days Days | Cost: \$2600**

This journey Kailash Mansarovar via Lhasa starts from Kathmandu after one full day rest in an ancient capital of Nepal's. We then take a scenic flight to Lhasa with spectacular mountain views and Tibetan landscape. We spend three nights in Lhasa a Buddhist capital visiting the famous Potala palace, the Jokhang, great monasteries and walk through the bustling Barkor market before taking drive towards Manasarovar. We drive through central Tibet via Yamdrok Tso (Turquoise lake), to the historical towns of Gyantse and Shigatse. Continue across the Tibetan Highlands, following the great Yarlung Tsangpo river valley, to the sacred landscape of Lake Manasarovar and Mount Kailash. The breathtaking views of the snow-capped peaks as well as the views of Tibetan countryside will make the journey an unforgettable one. Witness Buddhist prayer ceremonies, visit the homes of local Tibetans and observe religious customs to help understand the Tibetan religion and life. After exploring the lake and surrounding area we will follow the 3-day pilgrimage trail around the holy mountain to complete an once-in-a-lifetime kora or parikrama. Afterwards, driver back to Kathmandu. Note: This tour is on-demand tour so you can contact and choose your own time.

## At a Glance:

- **Tour code:** MKML006
- **Style:** Multi Country
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5600m
- **Duration:** 18 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 2600

## Highlights of the tour:

- Covet a colourful trinket in a Kathmandu market
- Mingle with pilgrims in spiritual Lhasa
- Visit the towering Potala Palace and Jokhang Temple
- Experience the ancient traditions of Tibet
- Spectacular views while trekking on Mt Kailash
- Discover small Tibetan villages
- Drive through spectacular Himalaya scenery

## **What's Included:**

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- All Hotel accommodation
- All Transport on Private Coach
- 3-4\* accomodation with breakfast
- Flight ticket from Kathmandu-Lukla- Kathmandu
- Trekking Permit (National Park entry fee
- TIMS
- Guide and Porter

## **What's Not Included:**

- Lunch and dinner
- Tipping
- Drinks and bar bill
- Extra luggage and personal trekking gears
- Emergency evacuation
- Travel and medical insurance
- Other things not mentioned
- Additional costs due to illness, force majeure, changes of flight and itinerary

## **Arrive in Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

## **Kathmandu sightseeing**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring

Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

## **Fly to Lhasa**

Your day will start with the breakfast at your hotel. After breakfast get transferred to Tribhuvan International Airport in Kathmandu to board your flight to Lhasa. During the flight watch the spectacular mountain from the plane window. Upon arrival at Gonggar airport, Lhasa. You will meet our representative who will escort you to the pre-booked hotel in Lhasa. Spend the free day to acclimatize with the altitude. Spend the night at Hotel.

## **Sightseeing tours in Lhasa**

In the morning you will be taken to a scenic drive to see the ancient cave residence and meditation center of King Songtsen Gampo and a small temple. Take a leisurely walk to Sera Monastery. Sera once housed nearly 5000 monks. You will also visit the famous Polata Palace, for centuries the official residence of the Dalai Lama, and the greatest achievement of Tibetan architecture. Time permitting you will visit Drepung Monastery which once housed over 10000 monks. This was a great monastic university which had quarters for monks from Sichuan, Qinghai, Chamdo, Siberia, Ladakh and Mongolia. Four colleges taught different aspects of Buddhism. Ganden Potang, built by the 2nd Dalai Lama was used as residence for the subsequent Dalai Lamas. Overnight in hotel.

## **Sightseeing tours in Lhasa**

Your another day sightseeing tour in Lhasa begins after breakfast at hotel. You will wander around Barkhor and see Jokhang temple. Visit Jokhang and the jeweled Jowo. Later in the day you can visit the Lukhang which is set in the middle of a lake. The temple is one of the gems of Lhasa, and contains artwork related to Tibetan medical practices (3950m). Spend the night at hotel.

## **Drive to Shigatse**

Tibet's second-largest city, Shigatse, is the traditional capital of Tsang and home to the Tashilhunpo Monastery, Tibet's largest functioning monastic institution. Most people spend only a day in Shigatse, visiting the monastery and wandering up and down the city's Walking Street, a tourist-friendly section of Qingdao Lu. The city is divided up into a traditional Tibetan quarter and brand-new Chinese town. Shigatse is quite pleasant. And prosperous buddhism city as it is the traditional seat of the Panchen lama. In Shigatse you will visit the famous Tashilhunpo Monastery, founded in 1447 by the 1st Dalai Lama. Over the generations, the Panchen Lama became established as the chief spiritual and temporal adviser of the huge western portion of Tibet known as Tsang, and at times was even considered a rival to the Dalai Lama. During the Cultural Revolution much of the Tashilhunpo and the nearby fort were destroyed, and what you will see today is a huge complex in various stages of rebuilding. Of particular interest are the huge temple to the Maitreya Buddha (the 'Buddha to Be'); the tomb of the 10th Panchen Lama (who died in 1989), which is said to be encased with over 300kg of gold; the Palace of the Panchen Lama; and the tomb of the 5th to 9th Panchen Lamas. The latter, recently reconstructed, contains the remains of the former Panchen Lamas that were retrieved after their separate tombs were demolished by Chinese troops in 1966. Also of interest is the main Assembly Hall, adjacent to many of the important chapels that are in everyday use. Overnight at hotel.

## **Shigatse to Sakya**

After visiting Shigatse, today you will visit Sakya. Sakya is 152km west of Shigatse and about 25km south of the main road. The huge brooding Sakya Monastery here was Tibet's most powerful 700 years ago. The monastery probably contains the finest collection of Tibetan religious relics remaining in Tibet, although the monks may restrict you to viewing only a couple of halls. You will visit Sakya Monastery here. The monastery is a place that visitors cannot miss. The monastery lies 130 kilometers (80 miles) southwest of Shigatse. Sakya, meaning "Grey Soil" in Tibetan, since the soil around is grey. It is the center monastery of Sakyapa sect of Tibetan Buddhism. Its wall was painted with red, white and grey strips, which represent Manjushri, Avalokiteshvara and Vajrapani respectively. The monastery is divided into the Northern Monastery and the Southern Monastery by Drum River. The Southern Monastery remains in better condition. Spend the night at hotel.

## **Sakya to Saga**

Your journey to mount kailash will begin today. Mt.Kailash is the holiest mountain in Asia. You will be taken to a scenic drive to Saga from Sakya. It will take approximately about 7 hours which is long but definitely rewarding. You will have plenty of opportunities to take photo and explore around. Spend the night in Sage(4600m).

## **Saga to Paryang**

You will be taken to a Scenic drive to Paryang after having breakfast. Paryang is the place where the four great rivers of south Asia diverge from their glacial sources around Mt Kalaish. Drive through windswept territory passing many villages and camps of Yak herders with the distance view of the snowcapped Mountains. Spend the night in Paryang.

## **Paryang to Darchen**

Today you will visit Darchen. It will take approximately 6 hours to reach Darchen from Paryang. Enjoy the beautiful views of Mt Kalaish, Lake Manasarovar and the Himalayas bordering India and Nepal. The windblown settlement of Darchen is the pilgrim's gateway to Mt Kalaish and you will spend night here before starting the Kailash trek.

## **First day of Kora: hiking to Dira Puk Monasterys (5120m/16,792ft), 5 - 6 hours**

Today you will begin your Kora of Mt.kailash. It takes about six hour to hike in a deep valley through walls of red rock. Continue walking across the plain to Shershong. The trail takes you to a small bridge across the Lja-Cha. The bridge is about three hours walk from Darchen. Further walk from Shershong leads you to Chhuku Gompa which is visible from the valley on the hill. From the chuku bridge there are alternative trails along the east and west bank of the river. Each way takes three hours to Dirapuk Monastery .The trail leads you to Dirpuk from where you will have stunning view of the north face of Mt.Kailash. Take your time in between Chuku Monastery and Dirapuk Monastery cause you can see the entire beautiful kora. Overnight in Dirapuk.

## **Second day of Kora: hike to Dzutul-puk (4790m/15,765ft): 18km, 6 - 7 hours**

Wake up early in the morning. Today will be the most difficult section of your journey.Head off the east and cross the Lha-chu again by bridge.It is a long ascend to Drolma-la.Climb to Drolma-la pass which is located at 5,750 walking about two hour takes you to a rocky Expanse of Shiba-tsal. After 30 minute walk from Shiva-tsal the trail turns eastward.It will take approximately 30 minute to cross the long and very steep grassy bank of the Lham-chu Khir. Descend to Dzutul-Puk. At Dzutul\_puk you will visit Dzutul-puk Monastery also you can see the incredible lake of compassion called Thugji Zinbu and a few ancient meditative caves. Overnight in Dzutul-puk.

## **Third day of Kora: hiking to Darchen (4,560m/15,000ft): 14km, 3 - 4 hours and transfer to Manasarovar**

Today you will trek From Dzutul-puk monastery to Darchen. The trail follows the river closely about an hour and climb above the river and enter a narrow canyon.Look for a prayer flags festooned across the river and in the far distance the blue water of the Raksas Tal. The trail gradually emerges onto the Barkha pain. It will be easier to reach Darchen along the dirt road. And you will complete one of the most important pilgrims of the Asia. After completing the holy kora of Mount Kailash at Darchen. Drive about two hour to Mansarovar Lake.The lake holds religious significance for both Hindus and Buddhists. As per Hindu theology, Lake Mansarovar is a personification of purity, and one who drinks water from the lake is believed to go to the abode of Lord Shiva after death. Buddhists also associate the lake with the legendary lake known as Anavatapta in Sanskrit where Queen Maya is believed to have conceived Buddha. Overnight in Mansarovar.

## **Mansarovar to Saga (4,600m/15,088ft) 495 km, 8 – 9 hours**

Today after having breakfast you will be taken to a drive to Saga from Mansarover through sacred historic Chiu Monastery. Continue driving up to Hor Quo and cross the Mayum la pass. You can have glimpses of small town like Zhongba and paryang. After passing Paryang drive along a different route to Kathmandu to Saga. Overnight in Saga.

## **Saga to Zhangmu**

Cross The Yarlung Tsangpo or Brahmaputra River and then drive to Nyalam. You can see a huge lake with Mt. Shishapangma on the way to Zhangmu. You will also get a glimpse of Mt Everest as the road climbs the Lalung la pass. Continuously drive until you reach Zhangmu. Overnight in Zhangmu.

## **Zhangmu to Kathmandu**

Drive Back to Kathmandu. You will be taken to a scenic drive from kodari to Kathmandu. It will take approximately four to five hours to reach Kathmandu. You can explore the beautiful countryside on the way to Kathmandu. Enjoy the various delights of the Kathmandu. Spend the evening celebrating your achievements. Overnight in Kathmandu.

## **Day at leisure/ reserve day in case of flight cancel/Hotel**

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before transferring to the airport for flight back.

## **Final Departure**

Your final day in Kathmandu is a free day to you to do as you choose. Many people take the time to shop, others enjoy exploring the cultural side of the city. Our local guide can advise you on the best shops in the area. Final Farewells! Our airport representative will travel with you to the airport.

### **Trekking Team Group Pvt. Ltd.**

Thamel, Chaksibarimarg, Kathmandu, Nepal

(+977 9851075681 (24Hrs)

(+977 1 4227506

info@trekkingteamgroup.com

trekkingteam